Reflections
Sunday, November 15, 2020

If it were easy…
Then everyone else would find it easy as well. Which would make it awfully difficult to do important work, work that stands out, work that people would go out of their way to find.

When difficulties arise, it might very well be good news. Because those difficulties may dissuade all the people who aren't as dedicated as you are.

It pays to seek out the hard parts.
~Seth Godin

I liked this because, if it were easy, the world would be flooded with binaural beat exercises for meditations. It's not. And…we have 40 years of teaching how to use binaural beats, refining their application, and inventing new ways to combine binaural beats with new technologies that can help participants achieve remarkable states of expanded awareness.

We get to shepherd this for humanity. We are the lucky ones.

Psychomanteum is up and running
Ross has completed our psychomanteum in the cabin / lab at RMR next to the copper wall project. It's a cool idea popularized by Dr. Raymond Moody (of NDE fame) to see and communicate with departed loved ones and this afternoon I went to check it out. Ross warned me: "This is an alpha test."

My experience was in two parts. The first 40 minutes saw me staring into blackness. The second 40 minutes had me staring into blackness with the assistance of a Focus 27 free flow exercise.

A couple of observations. The chair Ross used was uncomfortable for me, so I brought up a zero gravity chair that worked better. Next, there is a night light in the room and it seemed too bright, so I put some fabric over it. That was better.

It was odd having my eyes open during an extended Monroe experience. Cool though. Both sessions took me to the same place. I experienced the space I was in expanding. It felt like I was folded into another dimension from this one. The blackness felt like it had come alive. It had depth and movement that I felt rather than saw. At some point I saw the arm of a deceased young boy that I knew holding a knife. It was a scene from our joint past that had meaning for both of us. Contact and connection was made. It was a quick and clear image. I would be hard pressed to determine if I saw it with my physical or mind's eye.

From Ross: “I experienced the reflection turning into a gray cloudy sky, and was on the edge of the hypnagogic state. Saw a brief image of the person I was thinking about. The light is dim, so perhaps some kind of adjustable light would be desirable.”

I can tell there is a knack to using this. More sessions for me in the future.
Attached are the directions I found for using a psychomanteum.